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A close-up photograph of a breaking ocean wave. The water is a deep blue-green color, and the surface is covered in numerous bright, star-shaped reflections of sunlight. A thick layer of white foam is visible at the base of the wave, where the water is breaking. The overall scene is dynamic and captures the power of the ocean.

# 11

**Post scriptum.**

## Post scriptum

*This is usually the only chapter of any thesis that people actually read. Traditionally it is used to thank the people who contributed to the thesis because, let's face it, nobody can achieve this on her own. Basically everybody you ever talked to about this subject, everybody who ever encouraged you, everybody that offered a different viewpoint, and even the ones who said you would never make it in time, contributed to the formation of this thesis. The problem is that some people you simply cannot thank enough, and others you can easily give too much credit. So I decided to break with tradition and do things a bit different.*

*Until a couple of years ago, a list of statements was an important part of a thesis. Unfortunately, that custom has fallen into disuse. Since this chapter is the only part of the thesis a PhD student is free to give her own meaning to, I decided to restore this tradition.*

*Ask any PhD student and they will tell you that writing a thesis is equal to a lot of problems. Most struggle with techniques, failing experiments, absence of guidance but above all they struggle with time. But it is also about growing and learning new things. I decided to end this thesis with some things I learned. You might even recognize your own contribution ☺.*

- 1. Your life has an effect on every life around you, so better make it a positive one.*
- 2. Fear is a bad motivator.*

3. *Strength is not averting your eyes from what you know is wrong.*
4. *You can teach anyone to do research, but being a researcher requires something more.*
5. *Some battles are not worth fighting while others cannot be avoided no matter the cost.*
6. *You choose your own path, so choose one you'll enjoy*
7. *Humans are not meant to be perfect because evolution requires change.*
8. *Some people are just not worth one second of your thoughts, while others can live in your heart forever.*
9. *Everybody smiles in the same language.*
10. *This path was worth travelling because it led me to you.*

*Thank you for all the help and for hanging in there with me until the end!*

*Desirée*









# 12

**List of publications.**

## List of publications

1. Kok RM, **Smith DE**, Dainty JR, Van Den Akker JT, Finglas PM, Smulders YM, Jakobs C, de Meer K. 5-Methyltetrahydrofolic acid and folic acid measured in plasma with liquid chromatography tandem mass spectrometry: applications to folate absorption and metabolism. *Anal Biochem*, 2004;326:129-138.
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